

# Falls

## Mental health services for older people

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### Information for service users, families, carers and supporters



Tell the nurse or doctor looking after you if:

- you have fallen in the last year
- are worried about falling
- have a history of falls.



If you need help to move, for example to go to the toilet, use your call bell or ask for help.



Make sure your glasses are clean and use these as prescribed.

If you have hearing aids it is important to use these.



Use your usual walking aid. Keep it close by and check for wear and tear on the rubber feet.

Never lean on hospital furniture as it's often on wheels.

When getting up:



- sit upright for a few moments on the edge of your bed before standing
- do so slowly; make sure you feel steady before walking.

Do some simple leg exercises before getting up from your bed or chair:



- point your toes and release a few times
- tighten the muscles in your calves and then release them
- move your legs up and down if you can, to get the circulation going.



If you feel dizzy – stop. Sit down and let the ward staff know.



Drink regularly and eat well.



Be familiar with your bedside environment. Ask for clutter to be moved if your path isn't clear.



Make sure your shoes or slippers fit well, grip well and cannot fall off.



Wear well-fitting clothing and shorter nightwear to prevent trips.



Take care in the bathroom and toilet. Ask for help if you need assistance.

## Information specific to you...



### **Feedback**

We'd like to know what you think about the wording of this leaflet – is the information useful, is there anything missing that you wanted to know or anything you didn't understand? Please let us know by emailing [tewv.communications@nhs.net](mailto:tewv.communications@nhs.net) or telephone 01325 552223. These contact details are for a corporate team with no access to patient records - please do not use these contact details to contact us about your care but instead use the contact details provided to you by your care team.

We're updating our patient and carer information all the time and while we won't always be able to make every change people suggest, all ideas will be considered.

### **Do you have concerns or complaints?**

If you have concerns or complaints about a service, please tell a member of staff. You can also call our patient advice and liaison service (PALS) on Freephone 0800 052 0219 or email [tewv.pals@nhs.net](mailto:tewv.pals@nhs.net).

### **Information in other languages and formats**

We want to make sure you can read and understand the information we provide to you. If you would like this leaflet in another language, large print, audio or Braille, please ask a member of staff.

### **Staff can find this information at:**

T:\Patient and Carer Information\Trustwide\MHSOP

### **Service users and carers can also view this information on our website:**

[www.tewv.nhs.uk](http://www.tewv.nhs.uk) > services > older people



[www.tewv.nhs.uk](http://www.tewv.nhs.uk)



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